**FIG. 1****REPLACEMENT SHEET**

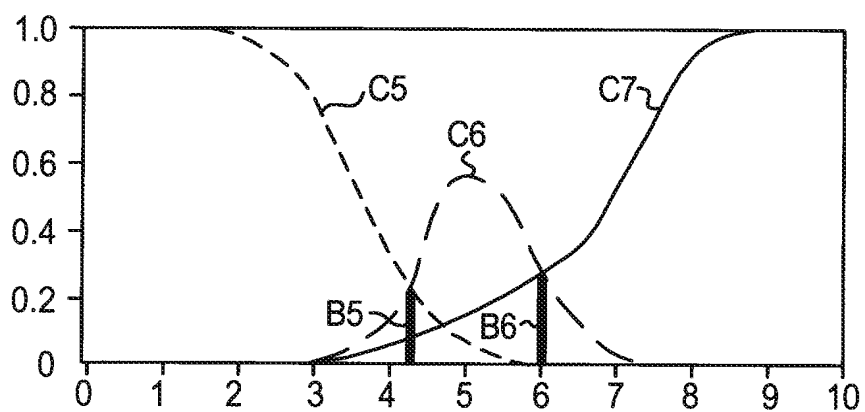


FIG. 2A

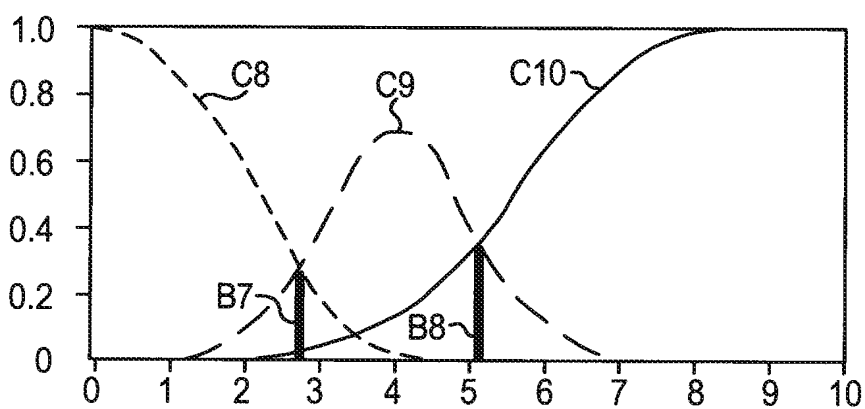


FIG. 2B

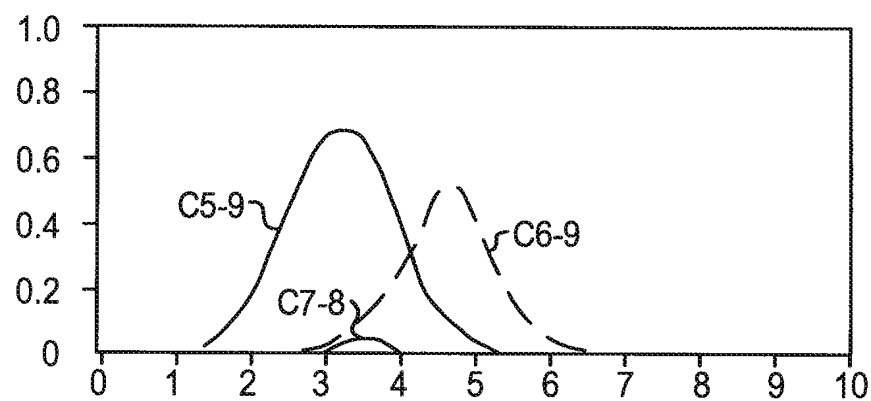
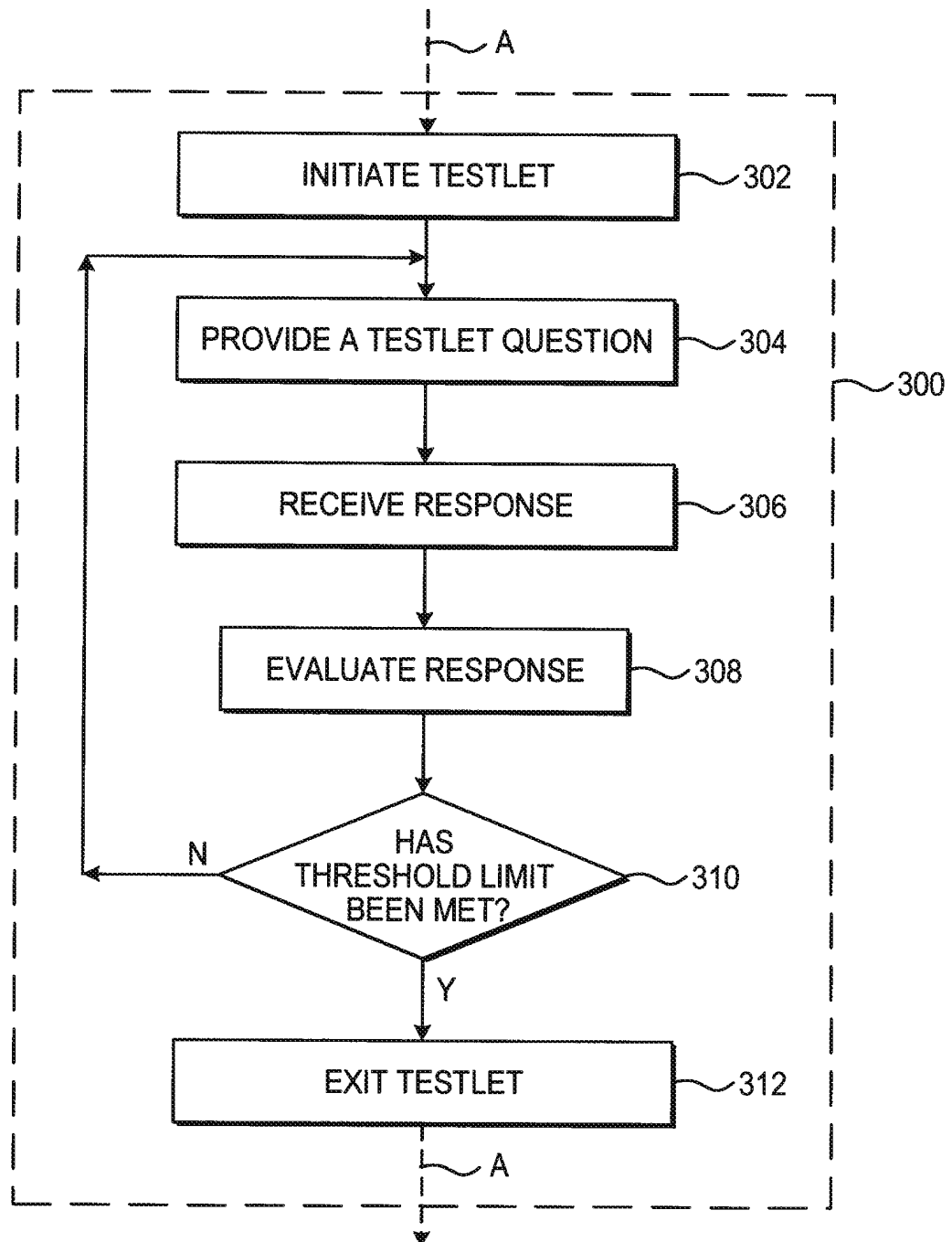


FIG. 2C

**FIG. 3****REPLACEMENT SHEET**

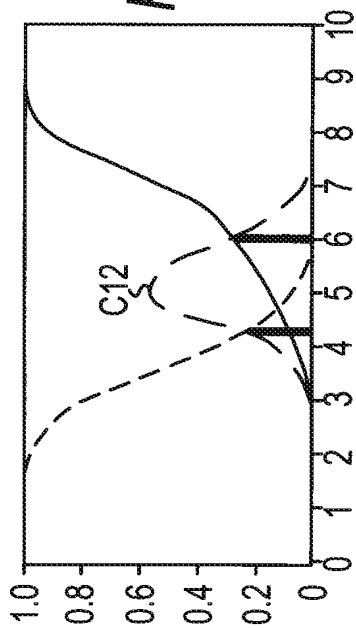


FIG. 4A-1

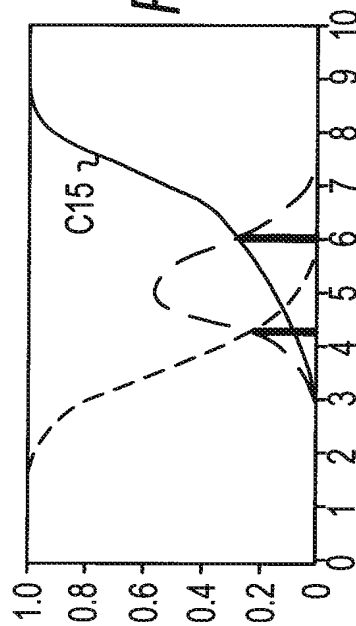


FIG. 4B-1

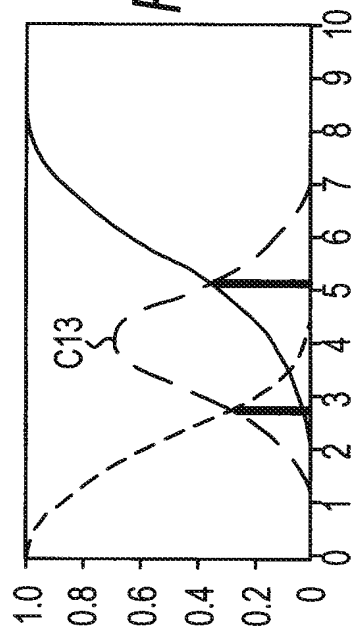


FIG. 4A-2

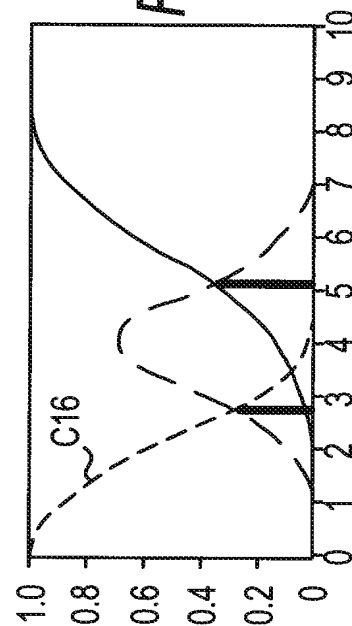


FIG. 4B-2

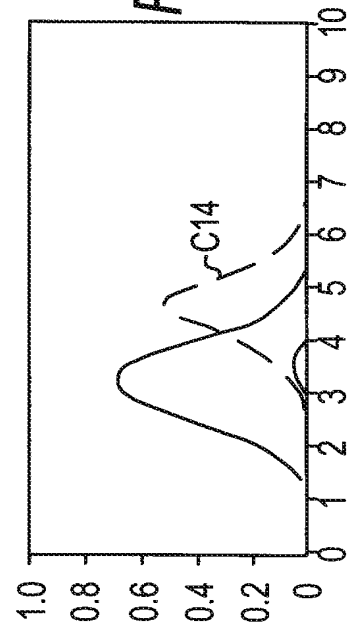


FIG. 4A-3

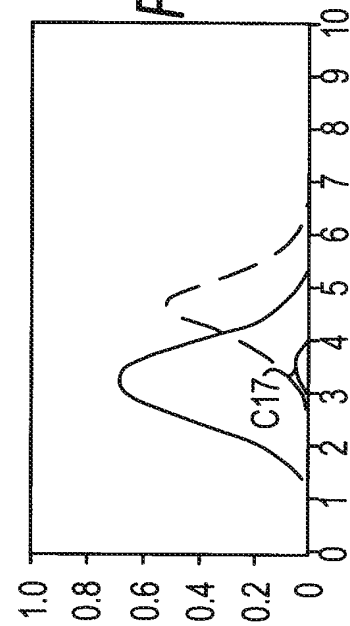
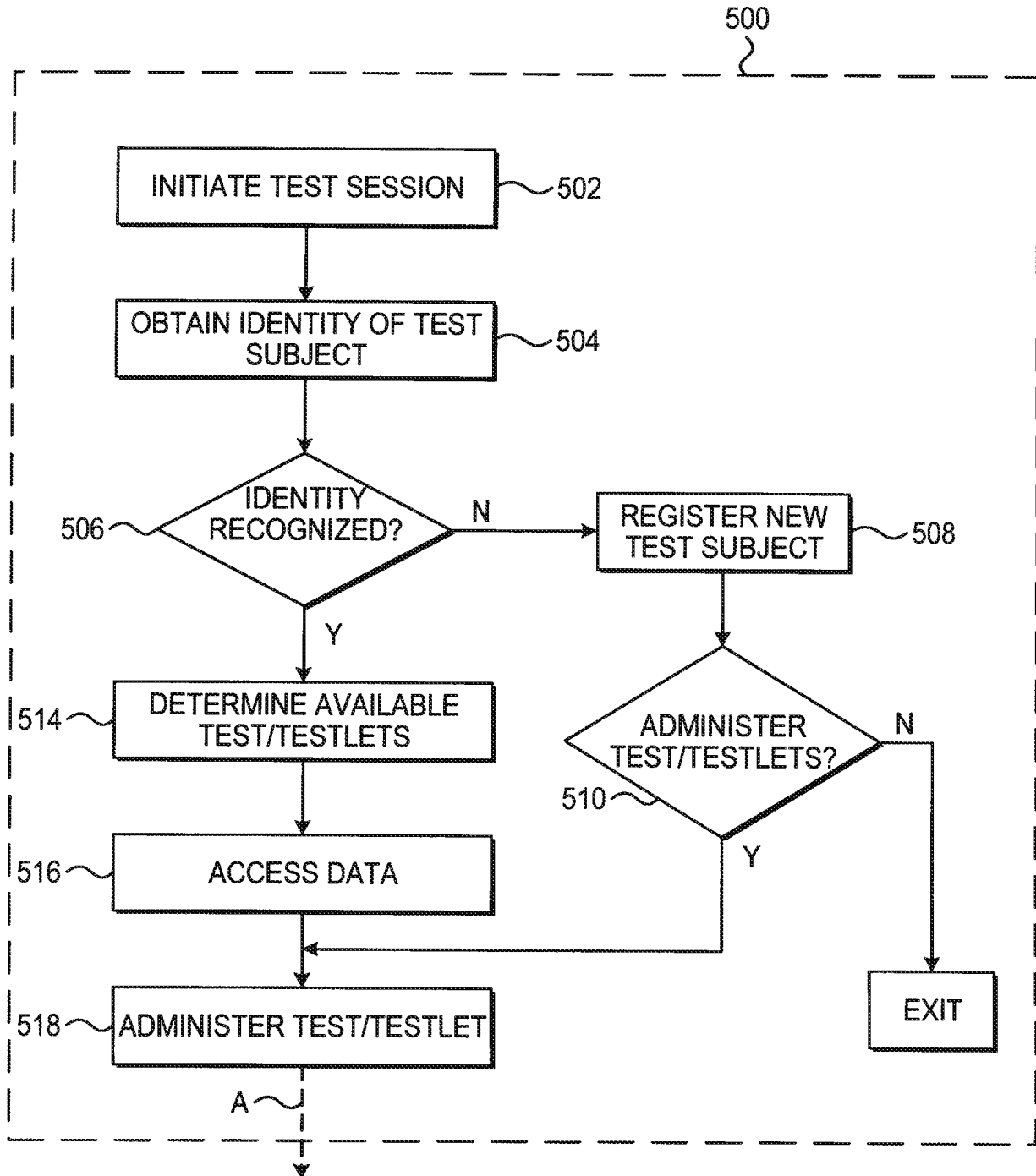
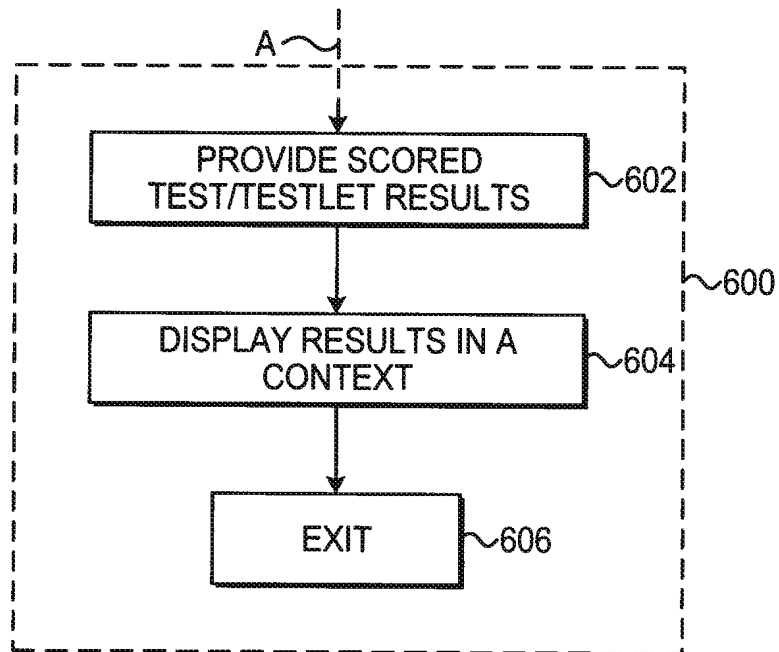


FIG. 4B-3

**FIG. 5**

**FIG. 6**

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DYNAMIC HEALTH SURVEY™

THIS SURVEY ASKS YOU QUESTIONS ABOUT HOW YOUR PHYSICAL AND EMOTIONAL HEALTH AFFECT THINGS YOU DO EVERY DAY. YOU ARE THE EXPERT ON THESE ASPECTS OF YOUR OVERALL HEALTH. PLEASE ANSWER THE QUESTIONS BY CLICKING THE ANSWER THAT BEST DESCRIBES HOW YOU HAVE BEEN DOING DURING THE PAST 4 WEEKS. IF YOU ARE NOT SURE ABOUT A QUESTION, PLEASE GIVE THE BEST ANSWER YOU CAN.

CONTINUE

EXIT SURVEY

DONE

START

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DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-1

HTTP://WWW.AMIHEALTHY.COM/DYNHA/STEPONE.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

1. OVERALL, HOW WOULD YOU RATE YOUR HEALTH DURING THE PAST 4 WEEKS?

☒ EXCELLENT

☐ VERY GOOD

☐ GOOD

☐ FAIR

☐ POOR

☐ VERY POOR

NEXT

EXIT SURVEY

DONE

START

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3:29PM

FIG. 7-2

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

2. THE FOLLOWING QUESTIONS ARE ABOUT ACTIVITIES YOU MIGHT DO DURING A TYPICAL DAY. DURING THE PAST 4 WEEKS, HOW MUCH DID PHYSICAL HEALTH PROBLEMS LIMIT YOUR USUAL PHYSICAL ACTIVITIES (SUCH AS WALKING OR CLIMBING STAIRS)?

☒ NOT AT ALL

☐ VERY LITTLE

☐ SOMEWHAT

☐ QUITE A LOT

☐ COULD NOT DO PHYSICAL ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

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3:29PM

FIG. 7-3

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

3. DURING THE PAST 4 WEEKS, HOW MUCH DIFFICULTY DID YOU HAVE DOING YOUR DAILY WORK, BOTH INSIDE AND OUTSIDE THE HOUSE, BECAUSE OF YOUR PHYSICAL HEALTH

☒ NOT AT ALL

☐ VERY LITTLE

☐ SOMEWHAT

☐ QUITE A LOT

☐ COULD NOT DO DAILY WORK

NEXT

EXIT SURVEY

NEXT

CONTINUE TO THE NEXT QUESTION

START

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3:29PM

FIG. 7-4

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

4. HOW MUCH BODILY PAIN HAVE YOU HAD DURING THE PAST 4 WEEKS?

☒ NONE

☐ VERY MILD

☐ MILD

☐ MODERATE

☐ SEVERE

☐ VERY SEVERE

NEXT

EXIT SURVEY

DONE

START

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3:29PM

FIG. 7-5

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

5. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

DURING THE PAST 4 WEEKS, HOW MUCH ENERGY DID YOU HAVE?

☒ VERY MUCH

☐ QUITE A BIT

☐ SOME

☐ A LITTLE

☐ NONE

NEXT

EXIT SURVEY

NEXT

CONTINUE TO THE NEXT QUESTION

START

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3:29PM

FIG. 7-6

HTTP://WWW.AMIHEALTHY.COM/DYNHAINEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

6. THE NEXT QUESTIONS ASK ABOUT YOUR SOCIAL ACTIVITIES.

DURING THE PAST 4 WEEKS, HOW MUCH DID YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS LIMIT YOUR USUAL SOCIAL ACTIVITIES WITH FAMILY OR FRIENDS?

☒ NOT AT ALL

☐ VERY LITTLE

☐ SOMEWHAT

☐ QUITE A LOT

☐ COULD NOT DO SOCIAL ACTIVITIES

NEXT

EXIT SURVEY

NEXT

CONTINUE TO THE NEXT QUESTION

START

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3:29PM

FIG. 7-7

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

7. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

HOW MUCH HAVE YOU BEEN BOTHERED BY EMOTIONAL PROBLEMS (SUCH AS FEELING ANXIOUS, DEPRESSED OR IRRITABLE)?

☒ NOT AT ALL
☐ SLIGHTLY
☐ MODERATELY
☐ QUITE A LOT
☐ EXTREMELY

NEXT

EXIT SURVEY

CONTINUE TO THE NEXT QUESTION

START

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3:29PM

FIG. 7-8

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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GENERAL HEALTH

TM

DYNAMIC HEALTH SURVEY™

8. DURING THE PAST 4 WEEKS, HOW MUCH DID PERSONAL OR EMOTIONAL PROBLEMS KEEP YOU FROM DOING YOUR USUAL WORK, SCHOOL OR OTHER DAILY ACTIVITIES?

☒ NOT AT ALL

☐ VERY LITTLE

☐ SOMEWHAT

☐ QUITE A LOT

☐ COULD NOT DO DAILY ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

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DYNAMIC HEALTH S...

INTERNET

3:29PM

FIG. 7-9

DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER			
FILE EDIT VIEW FAVORITES TOOLS HELP			
BACK FORWARD STOP REFRESH HOME SEARCH FAVORITES HISTORY MAIL PRINT EDIT DISCUSS			
<div style="text-align: center;"> <h2>DYNAMIC HEALTH SURVEY™</h2> <h3>REPORT FOR ANONYMOUS</h3> <p>MAY 10, 2000</p> </div>			
# YOUR SCORES	? WHAT YOUR SCORES MEAN		
BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT:			
COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR...			
<ul style="list-style-type: none"> • FUNCTIONING IS BETTER THAN MOST • PAIN IS MUCH LESS • PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS THE SAME OR BETTER EMOTIONALLY... • BOTHERED LESS THAN MOST • PARTICIPATION IN SOCIAL ACTIVITIES IS LESS LIMITED • PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED LESS 			
OVERALL, YOUR...			
REPORT DATE: MAY 10, 2000 AGE: UNKNOWN GENDER: UNKNOWN CONDITIONS: UNKNOWN		YOUR PHYSICAL HEALTH SUMMARY SCORE IS ABOVE AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.	
> PHYSICAL HEALTH SUMMARY 57		> MENTAL HEALTH SUMMARY 56	
<p> 30 40 50 60 70 WORST US AVG. BEST </p>			

FIG. 7-10A

FIG. 7-10B



DYNAMIC HEALTH SURVEY™

REPORT FOR ANONYMOUS

#	YOUR SCORES	?	WHAT YOUR SCORES MEAN
REPORT DATE:	MAY 10, 2000	BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT:	
AGE:	UNKNOWN	COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR...	
GENDER:	UNKNOWN	• FUNCTIONING IS BETTER THAN MOST	
CONDITIONS:	UNKNOWN	• PAIN IS MUCH LESS	
> PHYSICAL HEALTH SUMMARY 57		• PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS THE SAME OR BETTER EMOTIONALLY...	
30 40 50 60 70 WORST US AVG. BEST		• BOTHERED LESS THAN MOST	
YOUR PHYSICAL HEALTH SUMMARY SCORE IS ABOVE AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.		• PARTICIPATION IN SOCIAL ACTIVITIES IS LESS LIMITED	
> MENTAL HEALTH SUMMARY 56		• PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED LESS	
30 40 50 60 70 WORST US AVG. BEST		OVERALL, YOUR...	
YOUR MENTAL HEALTH SUMMARY SCORE IS ABOVE AVERAGE, TAKING ACCOUNT THE MARGIN OF ERROR.		• RATING OF YOUR HEALTH IS MUCH BETTER	
> YOUR PROGRESS		• ENERGY LEVEL IS MUCH HIGHER	
DATE PHYSICAL HEALTH SUMMARY MENTAL HEALTH SUMMARY		WHAT YOU SHOULD DO	
CURRENT: 5/10/00 57 56		• IN THREE MONTHS, TAKE THIS SURVEY AGAIN TO CONTINUE MONITORING YOUR PROGRESS.	
• WE ENCOURAGE YOU TO BECOME A REGISTERED USER SO THAT WE CAN REPORT AND INTERPRET YOUR CHANGES IN SCORES OVER TIME.		• BY SHOWING THIS REPORT TO YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER, YOU CAN WORK TOGETHER TO MAKE SURE THAT YOUR PHYSICAL & MENTAL HEALTH ARE AS GOOD AS THEY CAN BE.	
NOTE: THIS SURVEY IS NOT A DIAGNOSTIC TOOL. IT IS INTENDED TO SUPPLEMENT, BUT NOT REPLACE OR CONTRADICT THE ADVICE OF YOUR PERSONAL PHYSICIAN. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR HEALTH, IT IS ALWAYS A GOOD IDEA TO SEEK ONE-ON-ONE PROFESSIONAL MEDICAL CONSULTATION.			

FIG. 7-10C

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DYNAMIC HEALTH SURVEY™

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CONTINUE

EXIT SURVEY

DONE

START

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DYNAMIC HEALTH S...


3:51 PM

FIG. 8-1

HTTP://WWW.AMIHEALTHY.COM/DYNHA/STEPONE.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™



1. OVERALL, HOW WOULD YOU RATE YOUR HEALTH DURING THE PAST 4 WEEKS?

☐ EXCELLENT
☐ VERY GOOD
☐ GOOD
☐ FAIR
☐ POOR
☒ VERY POOR

NEXT

EXIT SURVEY

DONE

START

INTERNET

AMLHEALTHY.COM...

DYNAMIC HEALTH SURVEY


3:52 PM

FIG. 8-2

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

™

2. HOW TRUE OR FALSE IS THE FOLLOWING IS THE FOLLOWING STATEMENT FOR YOU? I AM IN POOR HEALTH.

☒ DEFINITELY TRUE
☐ MOSTLY TRUE
☐ DON'T KNOW
☐ MOSTLY FALSE
☐ DEFINITELY FALSE

NEXT

EXIT SURVEY

DONE

START

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DYNAMIC HEALTH S...

INTERNET


3:52 PM

FIG. 8-3

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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3. IN GENERAL, WOULD YOU SAY YOUR HEALTH IS:

☐ EXCELLENT

☐ VERY GOOD

☐ GOOD

☐ FAIR

☒ POOR

DONE

START

INTERNET

AMLHEALTHY.COM...

DYNAMIC HEALTH S...


3:52PM

FIG. 8-4

HTTP://WWW.AMIHEALTHY.COM/DYNHANEVSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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4. HOW TRUE OR FALSE IS THE FOLLOWING IS THE FOLLOWING STATEMENT FOR YOU? I HAVE BEEN FEELING SICKLY FOR A LONG TIME

☐ DEFINITELY TRUE
☒ MOSTLY TRUE
☐ DON'T KNOW
☐ MOSTLY FALSE
☐ DEFINITELY FALSE

NEXT

EXIT SURVEY

DONE

START

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INTERNET


3:53PM

FIG. 8-5

HTTP://WWW.AMIHEALTHY.COM/DYNHA/EXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™



5. THE FOLLOWING QUESTIONS ARE ABOUT ACTIVITIES YOU MIGHT DO DURING A TYPICAL DAY. DURING THE PAST 4 WEEKS, HOW MUCH DID PHYSICAL HEALTH PROBLEMS LIMIT YOUR USUAL PHYSICAL ACTIVITIES (SUCH AS WALKING OR CLIMBING STAIRS)?

☐ NOT AT ALL
☐ VERY LITTLE
☐ SOMEWHAT
☒ QUITE A LOT
☐ COULD NOT DO PHYSICAL ACTIVITIES

[NEXT](#) [EXIT SURVEY](#)

DONE INTERNET



START  AMIHEALTHY.COM... DYNAMIC HEALTH SURVEY 3:53PM

FIG. 8-6

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™



6. DOES YOUR HEALTH NOW LIMIT YOU IN WALKING ONE HUNDRED YARDS? IF SO HOW MUCH?

☒ YES, LIMITED A LOT
☐ YES, LIMITED A LITTLE
☐ NO, NOT LIMITED AT ALL

NEXT

EXIT SURVEY

DONE

INTERNET

START

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3:53PM

FIG. 8-7

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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7. DURING THE PAST 4 WEEKS, HOW MUCH DIFFICULTY DID YOU HAVE DOING YOUR DAILY WORK, BOTH INSIDE AND OUTSIDE THE HOUSE, BECAUSE OF YOUR PHYSICAL HEALTH

☐ NOT AT ALL
☐ VERY LITTLE
☐ SOMEWHAT
☒ QUITE A LOT
☐ COULD NOT DO PHYSICAL ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

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DYNAMIC HEALTH'S

INTERNET


3:53 PM

FIG. 8-8

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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8. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME WERE YOU LIMITED IN THE KIND OF WORK OR OTHER ACTIVITIES YOU DID AS A RESULT OF YOUR PHYSICAL HEALTH?

☐ ALL OF THE TIME
☒ MOST OF THE TIME
☐ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

INTERNET

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3:53PM

FIG. 8-9

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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9. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME HAVE YOU HAD DIFFICULTY PERFORMING WORK OR OTHER ACTIVITIES AS A RESULT OF YOUR PHYSICAL HEALTH (FOR EXAMPLE, IT TOOK EXTRA EFFORT)?

☒ ALL OF THE TIME
☐ MOST OF THE TIME
☐ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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FIG. 8-10

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

10. HOW MUCH BODILY PAIN HAVE YOU HAD DURING THE PAST 4 WEEKS?

☐ NONE
☐ VERY MILD
☐ MILD
☐ MODERATE
☒ SEVERE
☐ VERY SEVERE

DONE
 START
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 INTERNET
 3:53PM

FIG. 8-11

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

11. DURING THE PAST 4 WEEKS, HOW MUCH DID PAIN INTERFERE WITH YOUR NORMAL WORK (INCLUDING BOTH WORK OUTSIDE THE HOME AND HOUSEWORK)?

☐ NOT AT ALL
☐ A LITTLE BIT
☐ MODERATELY
☐ QUITE A BIT
☒ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

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3:53PM

FIG. 8-12

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

12. DURING THE PAST 4 WEEKS, HOW MUCH DID PAIN INTERFERE WITH YOUR RECREATIONAL ACTIVITIES?

☐ NOT AT ALL
☐ A LITTLE BIT
☐ MODERATELY
☒ QUITE A BIT
☐ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

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FIG. 8-13

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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13. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

DURING THE PAST 4 WEEKS, HOW MUCH ENERGY DID YOU HAVE?

☐ VERY MUCH
☐ QUIT A BIT
☒ SOME
☐ A LITTLE
☐ NONE

DONE
 START
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 INTERNET
 3:53PM

FIG. 8-14

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

14. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU FEEL TIRED?

☐ ALL OF THE TIME
☐ MOST OF THE TIME
☒ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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INTERNET

3:53PM

FIG. 8-15

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

15. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU FEEL WORN OUT?

☐ ALL OF THE TIME
☐ MOST OF THE TIME
☒ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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INTERNET

3:53PM

FIG. 8-16

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

16. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU HAVE A LOT OF ENERGY?

☐ ALL OF THE TIME
☐ MOST OF THE TIME
☒ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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FIG. 8-17

HTTP://WWW.AMHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

17. HOW MUCH OF THE TIME DURING THE PAST 4 WEEKS DID YOU FEEL FULL OF LIFE?

☐ ALL OF THE TIME
☐ MOST OF THE TIME
☐ SOME OF THE TIME
☒ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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INTERNET

3:53 PM

FIG. 8-18

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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DYNAMIC HEALTH SURVEY™

GENERAL HEALTH

18. THE NEXT QUESTIONS ASK ABOUT YOUR SOCIAL ACTIVITIES.

DURING THE PAST 4 WEEKS, HOW MUCH DID YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS LIMIT YOUR USUAL SOCIAL ACTIVITIES WITH FAMILY OR FRIENDS?

☐ NOT AT ALL
☐ VERY LITTLE
☐ SOMEWHAT
☐ QUITE A LOT
☒ COULD NOT DO SOCIAL ACTIVITIES

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FIG. 8-19

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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GENERAL HEALTH

19. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME HAS YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS INTERFERED WITH YOUR SOCIAL ACTIVITIES (LIKE VISITING WITH FRIENDS, RELATIVES, ETC.)?

☒ ALL OF THE TIME

☐ MOST OF THE TIME

☐ SOME OF THE TIME

☐ A LITTLE OF THE TIME

☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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3:53PM

FIG. 8-20

HTTP://WWW.AMIHEALTHY.COM/DYNHANEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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20. DURING THE PAST 4 WEEKS, TO WHAT EXTENT HAS YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS INTERFERED WITH YOUR NORMAL SOCIAL ACTIVITIES WITH FAMILY, FRIENDS, NEIGHBORS, OR GROUPS?

☐ NOT AT ALL
☐ A LITTLE BIT
☐ MODERATELY
☐ QUITE A BIT
☒ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

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DYNAMIC HEALTH S...

INTERNET

3:53 PM

FIG. 8-21

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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21. THESE QUESTIONS ARE ABOUT HOW YOU FEEL AND HOW THINGS HAVE BEEN WITH YOU DURING THE PAST 4 WEEKS. FOR EACH QUESTION, PLEASE GIVE THE ONE ANSWER THAT COMES CLOSEST TO THE WAY YOU HAVE BEEN FEELING.

HOW MUCH HAVE YOU BEEN BOTHERED BY EMOTIONAL PROBLEMS (SUCH AS FEELING ANXIOUS, DEPRESSED OR IRRITABLE)?

☐ NOT AT ALL
☐ SLIGHTLY
☐ MODERATELY
☒ QUITE A LOT
☐ EXTREMELY

NEXT

EXIT SURVEY

DONE

START

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FIG. 8-22

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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GENERAL HEALTH

22. DURING THE PAST MONTH, HOW DEPRESSED (AT ITS WORST) HAVE YOU FELT?

☐ EXTREMELY DEPRESSED
☒ VERY DEPRESSED
☐ QUITE DEPRESSED
☐ SOMEWHAT DEPRESSED
☐ A LITTLE DEPRESSED
☐ NOT DEPRESSED AT ALL

NEXT

EXIT SURVEY

DONE

START

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3:53PM

FIG. 8-23

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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23. DURING THE PAST MONTH, HOW MUCH OF THE TIME HAVE YOU BEEN IN LOW OR VERY LOW SPIRITS?

☒ ALL OF THE TIME
☐ MOST OF THE TIME
☐ A GOOD BIT OF THE TIME
☐ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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3:53PM

FIG. 8-24

HTTP://WWW.AMIHEALTHY.COM/DYNHA/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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24. DURING THE PAST 4 WEEKS, HOW MUCH DID PERSONAL OR EMOTIONAL PROBLEMS KEEP YOU FROM DOING YOUR USUAL WORK, SCHOOL OR OTHER DAILY ACTIVITIES?

☐ NOT AT ALL
☐ VERY LITTLE
☐ SOMEWHAT
☒ QUITE A LOT
☐ COULD NOT DO DAILY ACTIVITIES

NEXT

EXIT SURVEY

DONE

START

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FIG. 8-25

HTTP://WWW.AMIHEALTHY.COM/DYNH/NEXTSTEP.ASP# - MICROSOFT INTERNET EXPLORER

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25. DURING THE PAST 4 WEEKS, HOW MUCH OF THE TIME HAVE YOU CUT DOWN ON THE AMOUNT OF TIME YOU SPENT ON WORK OR OTHER ACTIVITIES AS A RESULT OF ANY EMOTIONAL PROBLEMS (SUCH AS FEELING DEPRESSED OR ANXIOUS)?

☐ ALL OF THE TIME
☒ MOST OF THE TIME
☐ SOME OF THE TIME
☐ A LITTLE OF THE TIME
☐ NONE OF THE TIME

NEXT

EXIT SURVEY

DONE

START

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INTERNET

3:53PM

FIG. 8-26


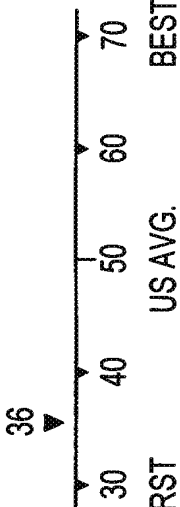
DYNAMIC HEALTH SURVEY - MICROSOFT INTERNET EXPLORER	
FILE EDIT VIEW FAVORITES TOOLS HELP	
BACK FORWARD STOP REFRESH HOME SEARCH FAVORITES HISTORY MAIL PRINT EDIT DISCUSS	
<div style="text-align: center;">  <p>DYNAMIC HEALTH SURVEY™</p> <p>REPORT FOR ANONYMOUS</p> <p>MAY 10, 2000</p> </div>	
# YOUR SCORES	? WHAT YOUR SCORES MEAN
REPORT DATE: MAY 10, 2000	BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT: COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR... • FUNCTIONING IS WORSE • PAIN IS VERY MUCH WORSE • PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS MUCH WORSE EMOTIONALLY... • BOTHERED MUCH MORE THAN MOST • PARTICIPATION IN SOCIAL ACTIVITIES IS MUCH MORE LIMITED • PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED MUCH MORE OVERALL, YOUR...
AGE: UNKNOWN	
GENDER: UNKNOWN	
CONDITIONS: UNKNOWN	
<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>> PHYSICAL HEALTH SUMMARY 36</p> <div style="text-align: center;"> <p>36 ▼</p>  </div> <p>YOUR PHYSICAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.</p> </div> <div style="flex: 1;"> <p>> MENTAL HEALTH SUMMARY 33</p> </div> </div>	
<div style="display: flex; justify-content: space-between;"> DONE INTERNET </div> <div style="display: flex; justify-content: space-between;"> START AMLHEALTHY.COM... DYNAMIC HEALTH SURVEY </div> <div style="display: flex; justify-content: space-between;"> 3:29PM </div>	

FIG. 8-27A

FIG. 8-27B



DYNAMIC HEALTH SURVEY™

REPORT FOR ANONYMOUS

#	YOUR SCORES	?	WHAT YOUR SCORES MEAN
	REPORT DATE: MAY 10, 2000 AGE: UNKNOWN GENDER: UNKNOWN CONDITIONS: UNKNOWN		BASED ON YOUR ANSWERS ABOUT YOUR HEALTH IN THE PAST 4 WEEKS, OUR RESEARCH SHOWS THAT: COMPARED TO THE GENERAL POPULATION... PHYSICALLY, YOUR... <ul style="list-style-type: none">• FUNCTIONING IS WORSE• PAIN IS VERY MUCH WORSE• PERFORMANCE OF WORK, HOME OR SCHOOL ACTIVITIES IS MUCH WORSE EMOTIONALLY... <ul style="list-style-type: none">• BOTHERED MUCH MORE THAN MOST• PARTICIPATION IN SOCIAL ACTIVITIES IS MUCH MORE LIMITED• PERFORMANCE OF WORK, HOME AND SCHOOL ACTIVITIES IS LIMITED MUCH MORE OVERALL, YOUR... <ul style="list-style-type: none">• RATING OF YOUR HEALTH IS MUCH WORSE• ENERGY LEVEL IS MUCH LOWER
>	PHYSICAL HEALTH SUMMARY 36 30 40 50 60 70 WORST US AVG. BEST YOUR PHYSICAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING INTO ACCOUNT THE MARGIN OF ERROR.		
>	MENTAL HEALTH SUMMARY 33 30 40 50 60 70 WORST US AVG. BEST YOUR MENTAL HEALTH SUMMARY SCORE IS VERY MUCH BELOW AVERAGE, TAKING ACCOUNT THE MARGIN OF ERROR.		
✓	YOUR PROGRESS DATE PHYSICAL HEALTH SUMMARY MENTAL HEALTH SUMMARY CURRENT: 5/10/00 36 33 • WE ENCOURAGE YOU TO BECOME A REGISTERED USER SO THAT WE CAN REPORT AND INTERPRET YOUR CHANGES IN SCORES OVER TIME.	✓	WHAT YOU SHOULD DO <ul style="list-style-type: none">• SCHEDULE TODAY, AN APPOINTMENT WITH YOUR DOCTOR TO DISCUSS THE IMPACT THAT YOUR PERSONAL AND EMOTIONAL PROBLEMS ARE HAVING YOUR LIFE.• IN ONE MONTH, TAKE THIS SURVEY AGAIN TO CONTINUE MONITORING YOUR PROGRESS.• BY SHOWING THIS REPORT TO YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER, YOU CAN WORK TOGETHER TO MAKE SURE THAT YOUR PHYSICAL & MENTAL HEALTH ARE AS GOOD AS THEY CAN BE.
NOTE: THIS SURVEY IS NOT A DIAGNOSTIC TOOL. IT IS INTENDED TO SUPPLEMENT, BUT NOT REPLACE OR CONTRADICT THE ADVICE OF YOUR PERSONAL PHYSICIAN. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR HEALTH, IT IS ALWAYS A GOOD IDEA TO SEEK ONE-ON-ONE PROFESSIONAL MEDICAL CONSULTATION.			